



THE

Naval Support Activity Mid-South • Vol. 69 • No. 28 • Thursday, August 19, 2010

BLUE JACKET

■ P.3 **GOOD MORNING, NSA!**

■ P. 4

BIG PICNIC

■ P. 7 **EYE ON THE FLEET**



Rear Adm. (sel) Tilghman Payne, the new regional commander for Navy Region Midwest, and Glynda B. Young who has worked for the Navy Exchange Service Command, parent command for the Navy Inns and Navy Lodge, for 40 years, cut the Navy Lodge birthday cake also celebrating 40 years of outstanding service. The ceremony took place Tuesday at the NSA Mid-South Navy Inns facility.

(Photo by MC2 (SW) Ronda Spaulding/The Bluejacket)

Serving two pieces

Enlisted warfare qualifications: a mandatory requirement

By MCC (SW/AW) SONYA ANSARIW
OFFICE OF THE MASTER CHIEF
PETTY OFFICER OF THE NAVY

Initial enlisted warfare qualifications are now mandatory for all sailors per the recent release of NAVADMIN 268-10.

The NAVADMIN announces the release of OPNAVINST 1414.9, Navy Enlisted Warfare Qualification Programs Instruction, which issues the basic overarching requirements for the qualification and designation of all enlisted

ing commands will not exceed 30 months. Timelines for warfare qualifications are set by the type commander's instructions and each TYCOM will have oversight of their programs.

According to West, some of the biggest questions he hears from sailors are:

* **What happens if a sailor doesn't qualify in time?** West stated that failure to qualify in the specific warfare program within the prescribed time requirements shall immediately result in a special performance evaluation that removes promotion recommendation, but the promotion recommendation may be restored



MCPON Rick West, the master chief petty officer of the Navy, pins a submarine warfare qualification insignia on MMSN Shannon Coon during a visit aboard the Los Angeles-class attack submarine USS Topeka (SSN 754). West is visiting the U.S. Central Command area of responsibility.

(Photo by MC2 Nathan Schaeffer)

warfare programs.

The arduous and often unforgiving environment we operate in as a Navy and sailor dictates the need for all personnel to have a basic understanding and operating knowledge of the platform or command to which they are assigned.

Warfare programs are essential in ensuring our sailors understand and are able to effectively engage a casualty, operate equipment or platforms safely and ensure backup as needed. Warfare qualifications are about ship, shipmate and self, and ensure the safety and safe operation of each command and platform on a daily basis.

"It's a standard every sailor must achieve. The warfare device itself is a symbol that the sailors who are wearing it have a basic level of knowledge to ensure they are capable of fighting the ship, saving a shipmate and ensuring the safety of themselves at all times," said MCPON Rick D. West, master chief petty officer of the Navy. "Having every sailor at or working toward that level will only strengthen the war-fighting ability of that command and the Navy."

According to the NAVADMIN, qualification and/or re-qualification is mandatory for all enlisted sailors assigned to designated warfare qualifying commands.

Warfare sponsors (Type Commanders) will establish specific qualification and re-qualifying timelines however, the maximum allowable time for initial qualification of all enlisted sailors assigned to designated warfare qualify-

ing with a special performance evaluation when qualification is achieved.

* **Will a sailor be penalized if their command doesn't offer the opportunity for warfare qualification?** According to West, sailors without the opportunity to qualify in a warfare specialty will not be penalized. However sailors should look for follow-on opportunities to obtain a warfare device when able.

* **Will having mandatory qualifications water down the existing programs?** West stated, quite the contrary; by mandating warfare qualifications for all enlisted personnel, it will significantly "raise the bar" across the command regarding level of knowledge of the command and the systems our sailors operate. It is incumbent on those that wear the warfare pin of the command to ensure the integrity and strength of the existing programs.

* **How will sailors stand-out amongst peers if everyone is required to have a warfare pin?** According to West, sailors stand out every day. Performance and the sailor's overall command support should be the biggest factors to "break out" individuals.

"I often highlight efficient manning and future platforms such as LCS as examples of the need to ensure our sailors have a good, basic understanding of the systems and fighting capabilities of the command to which they are assigned," said West.

For more information see NAVADMIN 268-10.



HMC Hugo A. Castellanos, right, a Reserve Component member assigned to Operational Health Support Unit, Dallas, Detachment F, works with PS3 Mukarram Hossain, manpower clerk at Navy Operational Support Center Fort Worth, as they review Castellano's Electronic Service Record data in the Navy Standard Integrated Personnel System.

(Photo by MCCS Maria R. Escamilla)

Elimination of field service record approaches

By MC1 (AW) LATONYA HOWARD
NAVY PERSONNEL COMMAND
PUBLIC AFFAIRS

The Navy Personnel Command (NPC) is reminding sailors that paper enlisted field service records (FSR) will closeout Sept. 30.

Service record information will be generated and maintained electronically through a secure Internet connection to the Navy Standard Integrated Personnel System (NSIPS) Electronic Service Record (ESR).

The chief of naval personnel announced in 2009 the requirement for all active-duty and Reserve personnel to establish and maintain a self-service ESR account. These accounts allow sailors to review all personnel, training, and awards data. Sailors also have limited self-service update capability within their ESR.

"Sailors should maintain a hard copy of all documents used to update their ESR or

any other record such as reenlistment contracts, award certificates, designation letters, etc.," said B. J. Price, Records Management Policy Branch, NPC. "The sailor's ESR cannot be updated without appropriate source documentation."

As the Navy moves forward with plans to eliminate the enlisted FSR, nearly 60,000 sailors still need to establish a self-service ESR account that will allow them anytime access to their records.

Self-service accounts can be created at <https://nsips.nmci.navy.mil> or on the Navy Standard Integrated Personnel System (NSIPS)/ESR server on board ships.

Commanding officers, executive officers and command master chiefs can obtain command-level "view only" access by completing the NSIPS/ESR system access authorization request, or SAAR, and forward it to NPC's Record/Data Maintenance Quality

Division. The yare available at <http://www.bupers.navy.mil/AboutUs/NPC/Information+Management>. This access provides the user "view only" capability for all ESR accounts within their unit identification codes.

All commands responsible for service record entries are required to initiate updates in NSIPS/ESR. Sailors are ultimately responsible for the accuracy of their ESR and must contact the servicing personnel office if any information is incorrect.

The Navy began eliminating enlisted FSRs in January 2010. Officer service records were eliminated in 2000. Personnel Support Detachment Memphis began closing out records for sailors at NPC last year as part of a successful field test.

For more information on the elimination of FSRs read NAVADMIN 040/10 or visit <https://nsips.nmci.navy.mil> or call NPC Customer Service Center at 1-866-U-ASK-NPC.



Navy iTunes app released for iPhone

By MC2 (SCW) MICHAEL B. LAVENDER
NAVY RECRUITING COMMAND PUBLIC AFFAIRS

The U.S. Navy has another tool in its recruiting arsenal focused on technologically adept customers.

The Navy has released the "America's Navy" app for the iPhone and iPod Touch, which is available to download for free through the iTunes App Store or the Navy's recruiting website, Navy.com.

"With the new generation of youth and advancements in social media, we believe that the application will be of great use for our recruiting efforts," said Lt. Cmdr. Garth Gimmestad, Navy Recruiting Command's (NRC) director of Marketing Plans

Division. "This application will allow us to transmit data to a customer who desires information immediately. With the new generation that wants instant gratification for information, we'll now be able to cater to them through this technology medium."

The application will bring a host of information about the Navy including job descriptions, career information, videos, photos and the latest news from Navy.mil.

"This is meant to provide Navy's multiple and varied audiences the opportunity to learn more about, and engage with the U.S. Navy in an informative and entertaining, not to mention convenient, manner," said Gimmestad. "Not only can someone look up information about the Navy, but they can even locate a recruiter in their area as well."

The application became available this week.

"NRC, along with our independent advertising agency, Campbell E-Wald, developed and launched the application through a variety of social media websites including Facebook, Navy.com, the 'Navy for Moms' website and Twitter," explained Gimmestad. "We'll be able to enhance our capabilities to effectively communicate with a technologically savvy population."

NRC consists of a command headquarters, two Navy Recruiting Regions and 26 Navy Recruiting Districts which serve hundreds of recruiting stations across the country. NRC's mission is to recruit the best men and women for America's Navy to accomplish today's missions and meet tomorrow's challenges.

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Chaplain's Corner

Do it again

By Chaplain Alexander Borzych

An elderly man bought a lottery ticket and gave it to his wife for safe keeping. When the winning numbers were announced, she was the first to know that he had won \$10 million. But she decided not to tell him immediately since he had a bad heart and she feared he might drop dead from the shock.

Consequently, she asked her pastor to break the news to her husband gently.

When the pastor met with the big winner, he engaged him in small talk for a while. Finally, as quietly as possible, he asked, "What would you do if you were ever to win \$10 million?" Without hesitation the man replied, "I'd give half to the church!"

Whereupon the pastor dropped dead.

There are a great many societies and organizations trying to do something about the serious illnesses that afflict our society. Institutions, both public and private are waging war, to one degree or another against heart disease, arthritis, cancer, children's diseases — and more. And to the extent that we support sincere efforts to alleviate human suffering, we reflect the better side of human nature. But, to my knowledge, we have no organization doing anything about what may well be our number one crippling disease, which one prominent psychiatrist has called "money sickness."

The love of money and possessions can cripple us, diminish us, and destroy us more effectively than any other form of illness.

It can be the cause of severe frustration and nervous anxiety.

It can cause physical illness.

It can demolish marriages.

It can break up families.

It can even drive persons to murder and suicide.

As the patient said to the psychiatrist, "By the time I found out that money doesn't buy happiness, I already had \$5 million. What do I do now? Where do I go from here?"

When we hear something like this, our first reaction is likely to be, "I should have a problem like that. Give me that \$5 million, and I'll find a way to be happy with it!" We think longingly about how great life would be if only we were rich. Then Jesus comes into our lives and tells us that this could easily turn into the very worst thing that could happen to us.

Not just once, but over and over again, in the Gospels, Jesus tells us that preoccupation with money can destroy our ability to enter and rejoice in the new life he is offering us.

In the teachings of Jesus, the subject of money and possessions is the number two topic in terms of frequency. And, in order to understand why this is so, we need to turn to Jesus' number one topic: the Kingdom of God.

We need to see all the money passages in relation to what Jesus said about entering into the Kingdom of God.

Jesus tells us that to want to be with God, to want to share in his life of love, is the one thing needful in life. And what he is telling us in so many ways is that devotion to money can be the greatest obstacle to our entry into the kingdom.

The more we put our trust in money and possessions to deliver the good life, the more estranged from God we become.

A little church was having a homecoming service to which ex-members who had moved away were invited. One former member who attended was a man who had become a multi-multi millionaire. He, along with others, was giving a little testimony on his faith experience.

The rich man spoke of when, as a little boy in that church, he had earned his first dollar - a silver dollar. "I had decided," he said, "to keep it forever. But a visiting missionary came to the church and preached about the urgent need for funds in his mission work. Consequently, when the offering basket was passed a great struggle took place within me. As a result, I put my treasured silver dollar in the basket. And I am convinced that the reason God has blessed me richly is that, when I was a boy, I gave God everything I possessed."

The congregation was spellbound by the multi-multi millionaire's tremendous testimony, until an elderly lady in a back pew rose and said, "Brother, I dare you to do it again."

In the parable of the Rich Fool, Jesus says to his disciples, "For where your treasure is, there will your heart be also" (Lk. 12:34).

He also says to his disciples, "It has pleased your father to give you the kingdom" (Lk. 12:32).

"The Kingdom of God is now," Jesus teaches us. And in today's reading, he seeks to inspire in us an attitude of immediacy in our response to his invitation to enter into the kingdom. Be ready, he says, "to open the door as soon as he comes and knocks" (Lk. 12:36).

That is to say, "Be ready to open the door of your heart to God's Kingdom of love!"

Be ready to do it again, and again and again!

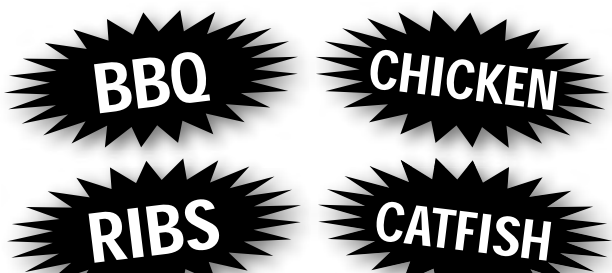
CALENDAR OF EVENTS

NEX Red Box - Starting on the 24th, the Navy Exchange will begin to carry Blu-Ray DVDs for the price of \$1.50 in their new Red Box kiosk machine.

NMCRS Uniform Locker - New hours! Monday and Wednesday, 9-11:30 a.m. Uniforms are available for Active duty, reservists, retirees, and sea cadets. Donations will also be accepted at that time. For more information call NMCRS at 874-5888 or 874-7350.

Registrations for NFL Flag Football - of the Mid-South Fall 2010 leagues in the Bartlett, Cordova and Memphis areas. The fall season runs Sept. 11 - Nov. 14. Ages 4-5, 6-8, 9-11 coed, and 12-14 boys and girls. Sign-up online at <http://www.nflflag.com> or email youthflagmemphis@yahoo.com.

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Needed - warning signs for warning signs

Welcome to the latest edition of "Ooops!", another assortment of intriguing statements and minor mysteries, seasoned with the usual persiflage and innuendo. nd unprovoked.

A safety specialist at a naval medical center sent in the following "Ooops!" one-liner: An E-3 hospitalman suffered a concussion when he collided with "a dog chain hanging from clothesline as he was running while having a food fight."

If only a dog had been attached to the chain, we could have used this one last week.

A couple great additions to the world-famous "Ooops!" Museum have just arrived, and we want you to be the first to know about them. Both are featured in our "Warning Signs" wing.

The first item is a danger tag that an electrician's mate third class in South Carolina was removing from a piece of equipment during tagout training. Trying to sever the string on the tag, he cut toward himself and put a gash in his finger.

The second item is one of those "Warning - Slow-Moving Vehicle" triangular signs that they use on the back of trucks, trailers or (in this case) a forklift. A civilian materials handler in Hawaii was putting a cylinder on a forklift while a co-worker fetched a pallet. During the process, he sliced open his knuckle on the sign.

Lessons learned? First, when attaching a danger tag with a piece of string, hang

an additional danger tag on the string that says "Be sure to cut away from yourself when cutting this string." Second, when using a warning sign that has sharp edges, apply a warning sign to the warning sign that says "Beware of sharp edges."

A boatswain's mate second class is at a sports bar with some buddies, having spent an unspecified amount of time tossing down an unspecified number of drinks. Try to guess his BAC while I provide a few more facts.

First, he has driven his 2008 Harley roadster to the bar, not the best headwork when you plan to keep drinking way past the "responsible" stage. Second, it is pouring rain when he decides to saddle up and head home at 2030. Third, an E-4 shipmate tells him he is "all right to drive," according to the mishap report. OK, key in your answers. If you guessed that his BAC is "0.35," you're right, although I personally would have thought that one-third of that level would have been bad enough.

And now we can understand why the BM2 takes a 45 mph curve at 70 mph, loses control, departs the Harley, slides across the road in close trail to the machine, breaks his ankle and beats the bejabbers out of his left side. If he isn't thanking his lucky stars (and his full protective gear) that he gets off so lightly, he

is missing a perfect opportunity. He spends three days in a hospital, and then either 27 days off work or 27 days on light duty. The mishap reporter apparently wasn't sure, because both were filled in.

The report said the BM2 had had "several" drinks. They must have been big ones.

Just in case the expectations aren't clear by now, here we go.

First, all you riders/drivers/drivers, know your bar habits. Intentions to have only one drink rarely work out that way. The only way to ensure liberty success is to plan for the more likely scenario.

Take a cab, have someone drop you off and pick you up, or find a designated driver.

Second, all you shipmates/buddies/drinking partners, don't pretend to be a human breath-a-lyzer. You can't just look at someone and tell if they are O.K. to drive. However, if you have been sitting in a bar with them while they drink enough to get their BAC up to two or three or four times the legal limit, you can certainly tell that they aren't good to go. Speak up. Intervene. It doesn't exactly put a festive capper on the evening, but at least nobody is in a hospital or morgue the next morning.

That's all for this time, friends and neighbors. See you next week.

OOOPS!



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Good morning, NSA!

Capt. Doug McGowen, NSA Mid-South's commanding officer; Lt. Cmdr. Isabelle Detter, NSA's public works officer (Naval Facilities Engineering Command Midwest); and Karen Blackwood, NSA Mid-South emergency management officer, appear on the Ch. 13 morning show *Good Morning Memphis* during a live broadcast from City Hall on Aug. 13. The Fox 13 crew had come to Millington to highlight how the entire community, including the base, has come together to bounce back since the May 1 flood.

(Photo by David W. Crenshaw/The Bluejacket)

WHERE THE CHIEFS RUN WITH THE KING



Ninety-six members of the NSA Mid-South Chief Petty Officer's Association and CPO selectees sing in cadence as they cross the finish line in just over forty minutes at the 28th annual Elvis Presley 5k Run, Walk Rock & Roll to benefit United Cerebral Palsy of the Mid-South. Hundreds of participants braved the hot and humid conditions around the neighborhoods of Graceland to participate in the annual fundraiser.

(Photo by Chris Desmond)

Failure to follow through on use of designated driver results in a DUI arrest

FROM THE NAVAL SAFETY CENTER

June 2010, at approximately 0157, a chief petty officer was pulled over by a state trooper for not having mud flaps on his vehicle. The servicemember failed a field sobriety test and was taken to the police station where he failed a breathalyzer test (BAC .09). The servicemember was arrested for driving under the influence (DUI), and released to his command.

The servicemember went out for a meal and drinks with a fellow CPO, who volunteered to be the designated driver (DD). After eating their meals, the two CPOs went to a local bar.

Upon arrival, the two chiefs met up with two first class petty officers who were stationed with them. The meeting was a prearranged celebration for the departure of one of the members. One of the POs was also a DD for his first class shipmate. The four individuals celebrated, but stuck to the designated game plan. Two of the individuals drank alcohol, while the other two drank water.

During the course of the evening, the CPO DD became ill from what he believed was something he ate at the restaurant. He advised the other CPO and two first classes that he really needed to leave, but instructed the first class DD to drive the CPO home. The CPOs were roommates. The ill CPO left and went home. The three individuals remained at the bar. The CPO drank approximately four 22 oz. beers while at the bar.

At the end of the evening, the first class DD drove the CPO to his car, instead of driving him home. The CPO advised the first class that he was alright to drive and the first class allowed him to do so. Subsequently, the CPO was arrested for DUI and is pending disciplinary actions in the Navy, as well as with the local civil authorities.

The sailors' command has an established drinking and driving awareness program. In September 2009, leadership implemented a DUI prevention program. More recently, command-wide DUI training was held in May 2010, which addressed responsible use of alcohol, consequences of failing to drink responsibly, and highlighted awareness of the command's 'Safe Ride Home' program. Additionally, command-wide traffic safety training was conducted by the local sheriff's department, in

February 2010.

As of July 2010, the Department of the Navy has had four mishaps that were alcohol related. Although we have made great progress in lowering DON numbers in this area, we must continue to drive these numbers down.

Consider these actions to

help prevent DUIs:

- * Leadership is urged to continue promoting responsible drinking, and Navy and Command policies with regards to drinking and driving.

- * Conduct All-Hands Safety Stand downs on a regular basis.

- * Mentors should discuss

weekend/liberty plans with mentees, reminding sailors of available options to alleviate them from getting behind the wheel should they consume alcohol.

- * Make Plan of the Day/Week entries with regards to Mishaps, Alcohol Related Incidents (ARI) and DUI policies and proce-

dures.

- * All E6 and below complete Navy Knowledge Online (NKO) courses such as:
 - o Alcohol Misuse Enabling CPPD-GMT09-023

- o Introduction to the Navy's Alcohol Use Policy CPPD-GMT08-002
- * Ensure designated driv-

ers are trained, educated, and understand that they are responsible for getting the sailors home safely; highlight consequences of failure.

- * Establish a Drug and Alcohol Prevention Program, and ensure Coordinators are actively engaged.

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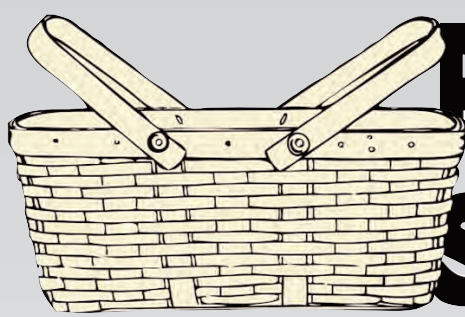
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Competitors in the hot-dog eating contest chow down. CS2 Waylon Schulz won the contest.

(Photos by David W. Crenshaw/The Bluejacket)



Picnicking in the summertime



By DAVID W. CRENSHAW
NSA MID-SOUTH PUBLIC AFFAIRS OFFICER

Undaunted by triple-digit heat indexes, the staff of NSA Mid-South, joined by the Personnel Support Detachment and the Navy Exchange crew, spent Friday the 13th enjoying a command picnic.

The picnic was the idea of Capt. Doug McGowen, NSA Mid-South commanding officer, who wanted to give his staff an opportunity to come together in a social setting, following months of hard work recovering the base following the flood. McGowen noted that during the initial flood recovery, the entire command bonded while they worked as a single unit, but as the recovery has progressed, everyone has returned to their individual departments to focus on their individual parts of the effort. The picnic served as an opportunity to bring everyone back together again, though under happier, more social circumstances.

The picnic featured horseshoe and kickball tournaments, a best dessert contest, and a hot-dog eating contest, as well as a dunking booth, bounce houses and a fire-hose challenge provided by the NSA Fire Department.

When the dust settled, Security had won the kickball tournament; MA1 Leonard Davis and Kurt Gray won the horseshoes competition; Heather Topping won the best desserts competition; and CS2 Waylon Schulz won the hot-dog eating competition.

According to picnic organizers, this was one of the best attended command picnics in recent history, despite the heat, and discussions are underway for a future event, though during a cooler part of the year.



Above: Karen Blackwood and OSI Shayla Dalton-Bennett of the NSA Emergency Operations Department square off in a fire-hose battle, set up by the NSA Fire Department.

Below: Lt. Cmdr. Isabelle Detter, NSA's public works officer, dunks Capt. Doug McGowen, NSA's commanding officer, by unconventional means.



Modernization ahead for Defense Department schools

By ARMY SGT. 1ST CLASS MICHAEL J. CARDEN
AMERICAN FORCES PRESS SERVICE

A program to improve Defense Department schools and ensure 21st century learning environments for military children is set to begin in October, department officials said today.

The Department of Defense Education Activity will address some \$3.7 billion in construction and renovation needs worldwide over the next five years.

"We're ecstatic to have the resources we need to improve the conditions of our school facilities," Russ Roberts, chief logistician for the activity, said. "It's important for us that we can continue to deliver the quality education our military children deserve."

Of the department's 191 schools, 134 are considered below standard, he noted.

Improvements will include new heating and air systems, plumbing, ventilation, electrical and structural repairs. Some schools will be replaced entirely, with new facilities constructed in their place, he said.

"We have a responsibility to create and maintain safe and secure education facilities to keep up with the education requirements," Roberts said. "The goal is to be good stewards of our facilities and keep them maintained to environments our students can learn."

According to a statement released by the activity yesterday, 70 percent of activity's schools are below the Defense Department's quality standard. The standards which the schools are held were established in 2005, which has made it difficult for the officials to barter for needed funds, Roberts added.

"It was kind of an empty threat," he said, referring to requests to improve facilities. "There was no standard to put up against what we felt we needed. As soon as [the Defense Department] put that [standard] out, then it was pretty easy to see where we set in."

Most schools were deemed too old to meet department standards, Roberts said, which is why so many schools have such low quality ratings. "Most of our schools were built in the 1970s or before, and cannot hold the technologies," he said.

Kevin Kelly, the activity's associate director for finance and business operations, said it's simply more cost-effective to replace the entire school, rather than try to modernize the existing facilities.

"We have schools that were built in the 1950s and '60s that weren't even built to be schools," Kelly said. "A lot of our schools have one electrical outlet in each room, and we can't put computers in the classrooms, because we're overloading our electrical systems."

Also, the department is going "green" with its schools. Some of the newer schools, mainly overseas, Roberts said, have green roofs. This has made heating and electrical systems much more efficient, he added. All of the newly constructed schools will have similar plans, he said.

"Our whole design process and standards have focused on begin green and more ecology friendly," he said.

Despite the positive impact and benefits the program may have, Roberts said improving department schools does not stop when the program ends. The activity will continue to manage a school replacement and upgrade program, he added.

"We have 191 schools, [and] we're taking care of about 134 of these," he said. "Some of our schools, we can get to an acceptable rating with just some major construction. But at some point, even those schools will need to be replaced."

But in the end, it's about ensuring the children receive a quality education, he added.

"It's all about the children," he said. "Their parents sacrifice so much for our nation, and we owe their children a quality education."

POW/MIA recovery & investigation teams search for missing Americans

JPAC teams search for missing in action (MIA) service members from the Vietnam War

Two archeological recovery teams and three investigation teams from the U.S. Joint POW/MIA Accounting Command (JPAC) deployed to the Socialist Republic of Vietnam to search for MIA's missing from the

Vietnam War.

About 50 JPAC team members will investigate and excavate several sites associated with Vietnam War losses. Two recovery teams will search in the Quang Binh and Quang Nam provinces at sites

where three missing aircraft crewmembers may have perished.

Three investigative teams will authenticate leads from eye witnesses and conduct field research throughout multiple provinces searching for 59

missing Americans. The approximately 35-day long undertaking marks the 100th Joint Field Activity in Vietnam.

Falling directly under the U.S. Department of Defense, the jointly-manned organization of

more than 400 military and civilian specialists has investigated and recovered missing Americans since the 1970's. To date there are about 1,700 Americans still listed as Missing in Action from the Vietnam War.

The ultimate goal of the Joint POW/MIA Accounting Command, and of the agencies involved in returning America's heroes home, is to achieve the fullest possible accounting of Americans lost during the nation's past conflicts.

NAVFAC Midwest welcomes new commander

By BILL COUCH
NAVAL FACILITIES ENGINEERING COMMAND
MIDWEST PUBLIC AFFAIRS

Naval Facilities Engineering Command (NAVFAC) Midwest held a change of command ceremony Aug. 6.

Capt. Scott Bernotas assumed command from Capt. Julius C. Washington.

During his two years as commanding officer, Washington oversaw the completion of the 12-year, \$770-million recapitalization of Recruit Training Command and the completion of major milestones in

building new facilities for the Capt. James A. Lovell Federal Health Care Center in North Chicago, Ill., the first completely integrated Department of Defense and Department of Veterans Affairs medical treatment facility.

"To the men and women of NAVFAC Midwest, thank you again for everything you have done to make this tour so successful and so memorable for me," said Washington. "I also thank the mission COs and base COs, and my colleagues on the region staff for the hard work, partnership, and mutual respect that allowed us to work closely and achieve so much together as one integrated team

delivering dependable, cost-effective shore support here in the Midwest."

Washington, a native of Gary, Ind., and a graduate of Illinois Institute of Technology in Chicago, also led the command's support earlier this year of oil spill response efforts in the Gulf of Mexico; flood recovery efforts at NSA Mid-South; and many community outreach events supporting small businesses, diversity, and local students' interest in science and engineering.

Washington's next assignment will be as public works business line leader at NAVFAC headquarters in Washington, directing

NAVFAC's overall public works policies.

Bernotas, a native of Hawaii and San Diego, graduated in 1986 from California Polytechnic State University with a degree in civil engineering. He has served at Camp Pendleton, Calif.; Pearl Harbor, Hawaii; Naval Air Warfare Center Trenton, N.J.; Aviano Air Base, Italy; Naval District Washington, D.C., and Naval Base Kitsap, Wash.

Bernotas deployed to Spain and Guam with Naval Mobile Construction Battalion 1 in 1999 and to Iraq with the 30th Naval Construction Regiment in 2005.

"To the men and women of

NAVFAC Midwest, I offer you nothing less than the full measure of my most sincere and tireless efforts," said Bernotas.

NAVFAC Midwest provides civil engineering, public works, and environmental support to Navy, Marine Corps and other Department of Defense activities across the 16 states that comprise Navy Region Midwest. The command's 900 professionals include civilian architects, engineers, acquisition specialists, environmental specialists, public works trades people, and administrative personnel, as well as active-duty Civil Engineer Corps officers, Seabees, and Reservists.

Morale, Welfare and Recreation



Aerobic and Personal Physical Development Classes (PPD)

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
6-6:45 a.m. Cycle (FREE) Pat		6-6:45 a.m. Cycle (FREE) Pat		6-6:45 a.m. Cycle (FREE) Pat	
7-7:45 a.m. FEP / STEP (FREE) Eunice		7-7:45 a.m. FEP / STEP (FREE) Eunice		7-8 a.m. FEP	
8:30-9:30 a.m. (K) KidFIT (FREE) Michelle		8:30-9:30 a.m. (K) KidFIT (FREE) Michelle		8:30-9:30 a.m. (K) KidFIT (FREE) Michelle	
9-9:45 a.m. - 10:30 p.m. AOA Pilates Yoga (FREE) Traci		9-9:45 a.m. - 10:30 p.m. Active Older Adults (FREE) Traci			11 a.m.-12 p.m. Step (FREE) Eunice
11:30 a.m. - 12:30 p.m. Interval Training (FREE) Traci	11:30 a.m.-12:30 p.m. Cardio Kickboxing (FREE) Traci	11:30 a.m. - 12:30 p.m. Circuit Training (FREE) Traci	11:30 a.m.-12:30 p.m. Cardio Kickboxing (FREE) Traci		12:15 -1 p.m. Cycle (FREE) Pat
4:30 -5:30 p.m. Step (FREE) Eunice		4:30 -5:30 p.m. Step (FREE) Eunice		4:30 -5:30 p.m. Step (FREE) Eunice	
	5:45 -6:45 p.m. Zumba Class (FREE) Stephani				

(\$) Fee to participate | (FREE) No fee to participate | (K) For Kid's ages 2-4

Military Fees	Non-Military Fees
\$4 per class	\$4 per class
(\$25 / 12 punch card available)	(\$30 / 12 punch card available)

"Taste of the Islands"

A Hawaiian cooking contest with a unique category ...Anything SPAM !

Glen Eagle Golf Course
Friday, August 20, 2010
Party begins at 6 p.m.

Wear your favorite Hawaiian outfit, leis, and flip flops!

How to enter the Hawaiian and SPAM Cook-off Challenge!
Whip up your favorite Hawaiian or SPAM dish (5 quarts) and join the competition. There's no fee to enter contest!!!! However, entrants must sign up to participate. Call ITT office, 874-5455 to sign up no later than August 17, 2010. Please note that this is a "Peoples Choice" contest and that means everyone who attends the party will be allowed to sample entries and it will be their taste buds that determine "Who's Hawaiian or Spam dish is the best". Deadline for Cook-Off entrants, to have their dishes in place, is 6:15 p.m. NO EXCEPTIONS! Awards will be presented to the 1st, 2nd and 3rd place winners in Hawaiian category and Overall Winner in the SPAM category.

Please note that adult beverages will be served and patrons must be at least 18 years of age to attend this event...Mahalo!

Event Sponsored by:
Homer Skelton Ford and Homer Skelton Chrysler, Dodge and Jeep
Disclaimer: The Navy, nor any other part of the federal or municipal government, officially endorses any company, sponsor, or their products or services.

GREAT FOOD, GAMES, PRIZES, BEVERAGE SPECIALS, MUSIC

From the Sports Branch:
ATTENTION ALL ATHLETES:

The N-82 gym is now accepting rosters for the Intramural Flag Football League.

There will be a coaches meeting on Wednesday 1 September at 1100 at the N-82 Gym. Play will begin on Monday 6 September. Game times will be 1100 and 1200 Monday and Wednesdays. If you are ready for the football season to start on TV and you want to play to, get your team together and send your rosters to the Athletic Office.

Want to get more out of your workout? Have you played Command Elimination? It is the hottest new sport to come to the N-82 gym. It is played like Dodge ball but with a twist. If you want to try out this sport or turn in your roster for flag football, please contact the Athletic Office at 874-5383, or e-mail at amy.pruitt1@navy.mil .



Why Become A Child Development Home Provider?

Independent Work Environment
You work for yourself, in your own home!

Education and Training
Enhance your child-rearing skills/CPR/First Aid training/Child Development/Early Childhood Education/Receive college credit for completing Navy training/modules/Become NAFCC accredited advice.

Income
Being a CDH provider is a great source of income while saving you the expense of child care/ USDA Child Care Food Program reimbursement/Direct cash subsidies.

Benefits
Toy and equipment lending library/Low cost liability insurance/On-site assistance/ Free promotion, advertising, and referrals.

Transferable
Wherever a Navy move may take you, you will have skills in high demand....caring for children!



Certification is transferable, whether you live in Navy housing or off-base.

Child Development Homes (CDH's) assist parents by providing child care services to support operational readiness, mission accomplishment and retention. CDH's are an alternative to center-based care and is often preferred by families because of the small group sizes, the home-like atmosphere and the flexible hours of operation that other centers often cannot accommodate.

If live in base housing or in your own home off base within a 50 mile radius of Millington and you are interested in our program please contact Dianne Ciaccio, at 874-7309 for more information.



October 1 & 2
The most fun you'll ever have at a BBQ competition!!

Competition Categories
Pork Shoulders * Pork Ribs * Chicken
* Beans * Chicken Wings *
* Anything But and Sauce *

Cooking contest is open to all authorized patrons.

Rules and Entry forms available at Information, Tickets and Travel Office (Bldg. S-760/874-5455) and North 82 Sports and Fitness Complex (N-82 Gym/874-5188) Naval Support Activity Mid-South Millington, TN.

For more information call Billie Jean Naccarato (901) 508-1982.

Come to the Teen Center during the school year!

We're open Monday - Friday 2:15 - 6:00 p.m.

Membership only \$5 per month!
Open to MWR eligible 6-12th graders

Sign up today!
For more information call 874-5494 or email navyteens@gmail.com

Cant come afterschool? We also take monthly trips! (Friday nights, Saturdays & School Closings)

Join us on a trip to Incredible Pizza Friday, Aug. 27 6- 10:30 p.m. \$19 per person

Includes buffet, drink \$10 game card for arcade games (tickets or prizes earned) unlimited video games and unlimited attractions.
Sign up form due Tues, Aug. 24. For more information call 874-5494.



Glen Eagle Golf Course

Naval Support Activity Mid-South Millington, TN
Call (901) 874-5168 for tee times and group bookings.

Eagle's Peak Bar & Grill
Glen Eagle Golf Course

Monday - Friday 7 a.m.-1:30 p.m.
Saturday, Sunday, holidays 6:30 a.m.-1:30 p.m.
breakfast available 7 a.m.-10:30 a.m. only breakfast available 6:30 a.m.-10:30 a.m. only

Starter box



Sunrise Special \$4.25
2 Eggs with Choice of Meat (Ham, Sausage or Bacon)
American Cheese, Swiss Cheese, Provel Jack Cheese,
Hash browns or Grills... Toast or Biscuit
Coffee, Soda or Tea

Omelets

Good Morning Special \$5.50
Three Egg Omelet with choice of 2 fillings (2 meats extra)
American Cheese, Swiss Cheese, Provel Jack Cheese,
Green Pepper, Onion, Mushroom, Tomato,
Ham, or Bacon, or Sausage...
Hash browns or Grills... Toast or Biscuit

Western Omelet \$5.75
Hash browns or Grills... Toast or Biscuit
Coffee, Soda or Tea

On The Tee

Breakfast meat biscuit \$1.75
with cheese \$2.00
with cheese and egg \$2.25
Egg sandwich \$2.00
with choice of meat (sausage, bacon or ham) \$2.50
Biscuit with Gravy \$2.75
Biscuit with Gravy and meat \$3.50
Bagel sandwich \$3.50
Cinnamon Roll \$1.50
Pancakes \$3.00
Pancakes with meat \$4.25
French Toast \$3.00

Fairway

Club Sandwich \$5.50
BLT \$3.25
Philly Cheese-steak \$5.00
Chicken Cheese-steak \$5.00
Firehouse Philly(chicken/beef) \$5.00

Tuna Salad Sandwich \$4.00
Chicken Salad Sandwich \$4.00
Spicy Chicken Sandwich \$5.50

1/3 pound Hamburger with cheese \$4.25
Grilled Chicken \$4.75



On The Turn

Jumbo Hot Dog \$2.50
Polish or Hot Sausage \$3.00
Cold Sandwich \$2.50



Salads

House Salad \$4.25
Chef Salad \$6.25
Chicken Salad \$6.25
Grilled or Fried

Under Par

French Fries \$1.50
Onion Rings \$3.00
Chips \$0.50
Cookie \$1.00
Candy \$0.75
Crackers \$0.50

The Lake

Tea / Soda \$1.50
Orange Juice \$1.50
Coffee \$1.00
Milk \$1.00



Combos include fries and drink

1/3 pound Hamburger Combo \$6.00
with cheese \$6.25
Club Sandwich Combo \$7.00
Philly Cheese-steak Combo \$6.50
Chicken Cheese-steak Combo \$6.50
BLT Combo \$5.00
Hotdog Combo \$4.00
Chicken Tenders Combo \$5.50

Shrimp Basket (10 pc) \$8.25
Shrimp Basket (6 pc) \$6.25

Daily specials

Thursday, Aug. 19
Baked Lasagna
Friday, Aug. 20
Catfish
Monday, Aug. 23
Grilled Chicken
Tuesday, Aug. 24
Taco Salad
Wednesday, Aug. 25
BBQ Pork
Thursday, Aug. 26
Shrimp Basket
Friday, Aug. 27
Catfish

***We're proud to be your
Cruise Headquarters and an
affiliate of Cruise Lines
International Association***



Sat – April 30, Depart New Orleans	4 p.m.
Sun – May 1, "Fun Day" at Sea	
Mon – May 2, Key West, FL	10 a.m. - 6 p.m.
Tue – May 3, Freeport, Bahamas	8 a.m. - 5 p.m.
Wed – May 4, Nassau, Bahamas	7 a.m. - 5p.m.
Thu– May 5, "Fun Day" at Sea	
Fri–May 6, "Fun Day" at Sea	
Sat–May 7, Return New Orleans	8a.m.



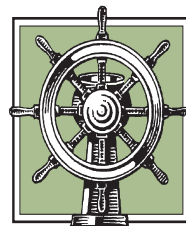
Carnival.
The Fun Ships.



Enjoying browsing through various arts, crafts and marketplace vendors.
Be amazed at the talent for painting, sculpting and so much more.
Marketplace vendors such as
Pampered Chef, Premier Jewelry, Silpada Jewelry, Mary Kay, etc.
Enjoy demonstrations and music or dance performances.



Check us out on facebook:
www.facebook.com/MillingtonITT



at the
HELMSMAN COMPLEX

Bldg. S-760 Navy Mid-South....for information call 874-5132

(See calendar below for daily buffet entree menu.)

**5 for \$5⁰⁰
each**

Helmsman Lunch Specials
available August 1 - 31

Big taste...
Little price!

- #1. Pepperoni personal pizza with side salad**
- #2. Sausage personal pizza with side salad**
- #3. BLT and one trip to salad bar**
- #4. Tuna fish sandwich and one trip to salad bar**
- #5. Chicken salad sandwich and one trip to salad bar**

**Rescheduled
date in September
to be announced**



Bingo is back!

**Bingo will be held every Weds. and Fri.
in the Helmsman ballroom**

Open doors at 4 p.m. Early birds start at 6:15 pm.
Regular game starts at 7 p.m.

LET THE SUMMER
CELEBRATING CONTINUE!

Fresh & Easy

Cool Platters, Summer Buffets

Perfect for gatherings
of friends and family,
showers, and parties of any size

For more details call 874-5131
MWR CATERING

EVENT HIGHLIGHTS IN THE COMING WEEKS!

AUGUST 19 - 28, 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Enjoy a FREE picture show in our 36-seat movie theater.</p> <p>Popcorn and snacks available. All shows start at 6:30 p.m. unless otherwise specified.</p> <p><i>Ellison Recreation Center is open to active duty, retired, reserve military members, DoD employees and their family members. Patrons must be 18 years or older to attend.</i></p>				<p><i>Helmsman Lunch Buffet</i> 19 Carved Roast Beef Pit Smoked Ham</p> <p><i>Baked Lasagna, Corn on the Cob, Garlic Bread</i></p> <p>DAILY LUNCH SPECIALS AT... EAGLE'S PEAK!</p>		<p><i>Helmsman Lunch Buffet</i> 20 Fried Catfish Beef Tips with Rice</p> <p><i>Catfish, Cole Slaw, Hushpuppies</i></p> <p>TEXAS HOLD 'EM POKER NIGHT Every Friday Night at Glen Eagle Golf Course begins at 6:45 p.m.</p> <p>Free Movie 6:30 p.m. at the Ellison Rec. Center KICK ASS (PG)</p>
				<p>Free Movie 6:30 p.m. at the Ellison Rec. Center IRON MAN 2 (PG 13)</p>	<p>Free Movie 6:30 p.m. at the Ellison Rec. Center KICK ASS (PG)</p>	<p>FAMILY MOVIE DAY! Ellison Rec. Center 1 - 4 p.m. ICE AGE: DAWN OF THE DINOSAURS (PG)</p> <p>Free Movie 6:30 p.m. at the Ellison Rec. Center JUST WRIGHT (PG 13)</p>
22	<p><i>Helmsman Lunch Buffet</i> 23 Stuffed Bell Peppers Fried Pork Chops</p> <p><i>BBQ Grilled Chicken, Mashed Potatoes/Gravy, Broccoli</i></p> <p>BBQ Pork, baked beans, fries, cole slaw</p>	<p><i>Helmsman Lunch Buffet</i> 24 Chicken Fried Steak Meatloaf</p> <p><i>Taco Salad, Refried Bean</i></p> <p>Shrimp basket, fries, cole slaw</p>	<p><i>Helmsman Lunch Buffet</i> 25 Southern Fried Chicken Spaghetti with Meat Sauce</p> <p><i>BBQ Pork, baked beans, fries, cole slaw</i></p>	<p><i>Helmsman Lunch Buffet</i> 26 Carved Roast Beef Pit Smoked Ham</p> <p><i>Shrimp basket, fries, cole slaw</i></p>	<p><i>Helmsman Lunch Buffet</i> 27 Fried Catfish Fried Shrimp</p> <p><i>Catfish, Cole Slaw, Hushpuppies</i></p> <p>TEXAS HOLD 'EM POKER NIGHT Every Friday Night at Glen Eagle Golf Course begins at 6:45 p.m.</p> <p>Free Movie 6:30 p.m. at the Ellison Rec. Center FIELD OF DREAMS (PG)</p>	28
<p>CHECK OUT THE DAILY LUNCH SPECIALS AT... EAGLE'S PEAK! (INSIDE GLEN EAGLE GOLF COURSE CLUBHOUSE)</p>						
<p>(K) KidFIT Every Mon., Weds & Fri. Joe Dugger (Bldg. S-499) (901) 874-5497</p> <p>Free Movie 6:30 p.m. at the Ellison Rec. Center THE BACK UP PLAN (PG 13)</p>		<p>(K) KidFIT Every Mon., Weds & Fri. Joe Dugger (Bldg. S-499) (901) 874-5497</p> <p>(NS) Bingo Every Weds. and Fri. Helmsman Complex</p> <p>Free Movie 6:30 p.m. at the Ellison Rec. Center WHY DID I GET MARRIED TO (PG 13)</p>		<p>Free Movie 6:30 p.m. at the Ellison Rec. Center BEND IT LIKE BECKHAM (PG 13)</p>		<p>FAMILY MOVIE DAY! Ellison Rec. Center 1 - 4 p.m. THE PRINCESS AND THE FROG (G)</p> <p>Free Movie 6:30 p.m. at the Ellison Rec. Center A LEAGUE OF HEIR OWN (PG 13)</p>



EYE ON THE FLEET

Members of the crash and salvage team check a sailor for injuries during a mass casualty exercise on the flight deck of the aircraft carrier USS Enterprise (CVN 65). Enterprise is underway conducting tailored ship's training availability and is making preparations for its 21st deployment.

Photo by MC2 Stacy D. Laseter



NSA Mid-South residents and employees swim 500 yards, run 2.5 miles and bike 5 miles, all across their lunch hour, as part of the NSA Mid-South Lunchtime Triathlon, a joint venture between MWR and the Millington Family YMCA.



TRI THIS

Photos by MC2 (SW) Ronda Spaulding/The Bluejacket



Health Department Reports 17th, 18th, and 19th Heat-Related Deaths of 2010

BY MEMPHIS AND SHELBY COUNTY HEALTH DEPARTMENT

The Medical Examiner's Office has reported the seventeenth, eighteenth, and nineteenth heat-related deaths this season. According to the Shelby County Medical Examiner, Dr. Karen E. Chancellor, the following heat-related deaths have been confirmed:

On Aug. 5, an unidentified black male was found unresponsive outside a vacant building on Jackson Avenue. The outside temperature at the time was noted to be 106 degrees. The male was taken by ambulance to a local hospital. The Medical Examiner's Office has identified the body, and ruled that his death resulted from complications of chronic illnesses. Exposure to environmental heat was a factor contributing to his death.

On Aug. 12, an 85-year old black female was found in her home. Her home had a working air conditioner and fan, but the cooling units were not in use at the time of the discovery. Chronic illness was the primary cause of death. Exposure to environmental heat was a factor contributing to her death.

On Aug. 14, a 67-year old black male was discovered in his home. The cause of death was ruled as chronic illnesses with contribution from environmental heat exposure. There were no cooling units in his home.

"We are obviously in an extraordinarily critical situation. The excessive heat is placing lives at risk for multiple reasons; including at times some of the decisions our citizens are making. It is imperative that we encourage, stress, and even insist that the elderly take necessary precautions to protect themselves from heat-related sickness - even if they don't feel the need to do so," said Kenneth Robinson, M.D., Shelby County health officer. "Where there is air conditioning in the home, it absolutely must be turned on. Where there are options to not being outdoors in this oppressive daytime heat, we must choose those options, and stay indoors in air conditioned places. When we know that neighbors, family members or friends have no capacity to get to somewhere cool, we must take the initiative to get them there. F leaders, community leaders, families and friends must redouble our efforts to convey a clear message - which absolutely everyone is at risk of suffering serious health consequences. "If a person shows signs of confusion, nausea and vomiting; and particularly if the skin feels extremely hot, but the person stops sweating - this should be considered a medical emergency."

Yvonne Madlock, director of the Memphis and Shelby County Health Department, reminds us that we all should be very respectful of the prolonged, extreme heat and humidity that our region is experiencing. We should forego non-critical strenuous tasks that require physical exertion in the heat of the day. Those with chronic conditions and persons who are homeless, or who for various reasons have very little means of protecting themselves from the elements, are especially vulnerable to heat's dangers. "If at

all possible, let's stay indoors, in air conditioning and stay hydrated with non alcoholic beverages. Let's all be vigilant and alert to our own reactions and the reactions of others to extreme temperatures".

Helen Morrow, M.D., chief medical officer of Memphis and Shelby County Health Department, adds, "People with chronic conditions and especially those who take certain medications for hypertension and heart disease are more susceptible to extremes of heat. For these individuals, exposure to heat can result in increased rates of hospitalization or possibly death."

Residents in the Mid-South area should take every precaution to safeguard themselves against heat-related illnesses, particularly during this season of extremely high temperatures. The Memphis and Shelby County Health Department offers the following tips to help prevent heat-related illnesses:

- Drink plenty of cool fluids, especially water; avoid alcohol and caffeine.
- Wear light-colored, loose, light-weight clothing and sunscreen.
- Limit outdoor activities.
- Stay cool indoors, especially in the heat of the day.
- Never leave children or pets alone in a car.
- Check frequently on elderly relatives and neighbors, especially those who may not have adequate air-conditioning.
- If you do not have air-conditioning in your home, go to a mall, community center library or other public building during the hottest part of the day.
- Try to keep your home cooler by keeping shades and curtains closed against the sun and its heat.
- When using fans, remember to open available windows to increase cross circulation.
- If you exercise outside, do so in the early morning or late evening hours when the temperatures are cooler.
- Monitor children for signs of heat distress when they are playing outside.

The Shelby County Community Services Agency has a limited number of air conditioners available for residents who qualify. Residents who meet minimum income guidelines and do not have a functioning air-conditioner may contact the Mayor's Assistance Center at 545-4311.

The Aging Commission of the Mid-South's Fan for Seniors Program uses volunteers to deliver fans to persons over the age of 65. Individuals may receive a fan every other year if they live in Shelby County and do not have functioning air conditioning. Those in need of a fan or wanting to make a donation to the program may contact the Aging Commission of the Mid-South at 324-3399.

For more information, contact the Memphis and Shelby County Health Department's Epidemiology Section at 544-7717 during normal business hours. For more information about heat-related illnesses, including prevention and treatment tips, visit the CDC's Extreme Heat Safety Web site at <http://www.bt.cdc.gov/disasters/extremeheat/heattips.asp>. Pace yourself.



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If you're part of a military family, or DoD, you're family to us. And that means we'll take care of you when you're ready to buy a home. With knowledgeable, personal service from first call to closing, we know how to find the payment that's right for you. Plus, we offer 100% financing. To calculate your low mortgage rate and see what you can be saving, visit navyfederal.org or call us any time, 24/7.

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Family matters blog:

Back-to-school tips

By ELAINE WILSON
ARMED FORCES
PRESS SERVICE

After two months of summer vacation, the natives are restless. My kids have been at home at close quarters for weeks at a time now and the tension is mounting.

It started out innocently enough. Back in June, my 6- and 8-year-old were thrilled to toss off their school shackles and dive right into summer fun. They swam for hours, visited amusement parks, built sand castles on the beach and sweated gallons during outdoor play.

While at first they were best buds, over time the sibling quarrels began to escalate along with the temperature. I've come to realize there really is such a thing as too much together time.

While my children won't admit it out loud, I think we all are secretly looking forward to the first day of school.

They may grumble and moan about it, but I know when that first day of school arrives, they'll head off excitedly to meet their friends with new backpacks and school supplies in tow.

Since that time is almost at hand - sooner than later for some - I wanted to share some helpful back-to-school tips I found on the Great Schools website.

* For pain-free adjustments, start school-time preparations early. For example, A few weeks before school starts, move bedtime back to an earlier time.

* Put a positive spin on going back to school. Talk about the fun things your children will learn, the old friends they'll see and the new friends they'll make.

* If your children are anxious about starting the next grade, reassure them that other children have these feelings too.

* Don't make plans for big trips right before the start of school.

* Establish school-day schedules for homework, TV, baths and bedtime.

* Arrange play dates with friends from school to re-establish connections that may have been dropped for the summer, or to create new ones.

* Hit the books. Find age-appropriate books about going back to school to initiate conversations about excitement and fears.

* Get organized.

* Many schools send out school information and a packet of forms to fill out

NEX offering special promotion on electronics

From Sept. 1-12, customers purchasing computers, TVs and home theater systems individually priced at \$999 and above using their Military Star Card will have no down payment, no interest and no payments for 180 days.

The Military Star Card offers many benefits including 10 percent off the first day's purchases (up to the customer's credit limit), no annual fee, low interest rate and 24-hour customer service including online access.

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before school starts. If you can discipline yourself to fill out the paperwork several days before it's due, you'll avoid a last-minute panic.

* Have the necessary immunization records available for easy reference.

* Update school emergency contact and health information for the coming year.

* As you read through all the school information, mark important dates, such as back-to-school night, parent-teacher conferences and school holidays, on the family calendar.

* Start a folder for school newsletters and other papers so you can easily find and refer to them if necessary.

* Establish a "get ready the night before" policy. Pick clothes for the next day and pack the backpack every evening before bedtime, and you'll save precious time in the morning.

* Shopping: take advantage of sales.

* School clothes: It's always a great idea to buy what you know you'll need early, if you can. Go through your children's wardrobes and weed out everything they've outgrown. Keep in mind school dress codes while shopping. Some schools prohibit short skirts and tank tops for girls and "sagging" (baggy trousers that hang low) for boys. Schools also may have rules regarding printed words or phrases on clothes.

* School supplies: Many stores offer great sales on school supplies. Download the supply list from your school's website or pick up a list at the school's administrative office.

* Plan healthy meals. Get creative with easy, healthy ideas for school-day meals. If you plan and gather what you need on

the weekends, you'll make life a lot less stressful and meals more nutritious during the week.

* Breakfast: Remember the most important meal of the day. Fruit smoothies are a quick and healthy addition.

* Lunch: Try some creative ideas for making school lunches healthy and fun. You can use cookie cutters to cut sandwiches into fun shapes, buy baked chips and low-fat crackers and pretzels, skewer fruit to make it fun to eat and sneak veggies like lettuce and cucumbers into sandwiches.

* Dinner: Plan dinners for the week ahead and shop on the weekends to avoid last-minute trips to the grocery store.

* Set priorities and schedules. Before school begins, discuss what extracurricular activities your child will participate in. Be realistic and don't fall victim to over-programming. And make sure to leave enough time to do homework and for family time. It's also smart to start a family calendar and have family members update it with activities.

* Prepare for homework. Dedicate a place to do homework and establish a regular homework time. Discourage distractions such as TV, radio or the Internet during this time.

* If your child is walking or biking to school, chart out a route to the school.

* If your child is going to a new school, walk with or take a bike ride with your child a few days before school starts.

* Go over the rules of stranger awareness and traffic safety. Warn your child to always walk with a friend, and to avoid vacant lots and places where there are not a lot of people.

* Be sure your child has your daytime phone num-

ber and address, as well as the number of another familiar adult.

* Scout out safe houses in the neighborhood where your child can go in case of an emergency.

* If your child will take the bus, remember to get the new bus schedule.

* If your child will be taking the bus for the first time, discuss the bus route and bus safety rules with her.

* If you will be driving your child to school, have a

backup arrangement with another parent in case you are delayed for some reason.

* Confirm carpool arrangements in advance and make sure your children know who will be picking them up before and after school.

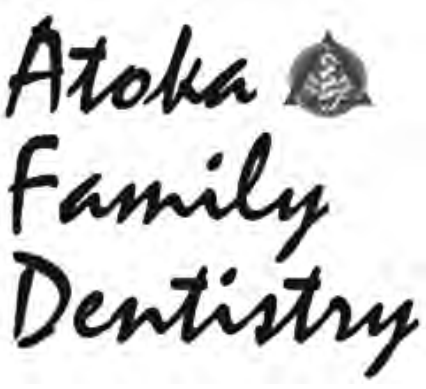
* Become familiar with your school's traffic safety rules, drop-off and pick-up procedures.

* Confirm after-school care arrangements. Most after-school care arrange-

ments must be made months ahead, frequently in the winter or spring before your child starts school. As the school year approaches, however, it's a good idea to confirm your plans.

* Make sure your child knows where he is going after school.

* If your child will be home alone after school, establish safety rules for locking doors and windows, and for answering the door and the telephone.



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